

A PRACTICAL GUIDE



SURVIVING A **GLOBAL DISASTER**

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Surviving a Global Disaster

A Practical Guide

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Chapter 1: Introduction

This book isn't about theories on how the world will end. And technically it's not about the actual end of the world. If that were the case there would be no world to survive on. This book is more of a guide on some of the ways to survive a major disaster. How to prepare, what to do if you're not prepared, and most importantly, how to survive.

Lets face it, most of us are not going to prepare for a disaster of biblical proportions. We think it won't happen in our lifetime, or if it does happen I can't do anything about it anyway so why worry today. Or maybe you just don't have the time or money to buy the supplies you need to survive. We don't all have a bunker in our backyard stocked with 3 years worth of top raman.. So I'm writing this more in the style of the average Joe, and some ways to survive. It's not the only way; it might not be the best way. But it's practical and can be done by anyone if they stay focused, don't panic, and stick to their plan. This book and survival plan is just a guide and is meant to be adjusted and altered for your specific situation. There is no way to prepare for every variable or everyone's situation. Everyone is different, everyone has different skills, abilities, equipment, knowledge, resources. Even where you live makes a big difference in your ability to survive. This book might seem a bit generic in spots, those are areas you need to adjust to your own situation.

There are many ways the world, or more apt, the world as we know it can come to a crashing end. Natural disasters such as the super volcano in Yellowstone, millions of people would die, nuclear winter, the food chain would break down, basically the world would turn into a total shitstorm in a matter of weeks. An Asteroid or comet could impact earth, it's happened before, it will happen again. A large enough one could kill millions and send the world into a panic. A coronal mass ejection from the sun could send massive solar flares at the earth knocking out power around the globe. The world could run out of fossil fuels, transportation of goods, electricity, clean water, all would be in jeopardy. And of course everyone's favorite, the zombie apocalypse, or more accurate, a pandemic. The list of potential threats to the planet is seemingly endless.

Chapter 2: Disaster Strikes

So what happens when a disaster strikes? If you're far enough away from ground zero and survive, panic sets in. There's no escaping it. You will panic. Everyone else who survives will panic. But after the initial panic you must change your mind set to one of survival. You're alive for now, the hard part is staying that way.

I can't tell you exactly what to do because everyone's situation is different. Where you live, what supplies you have, who is with you. There are a lot of variables to consider. If you're a lone survival expert living in the back woods you won't be reading this book, so let's assume you're not.

Let's assume you are an average family man or woman living in a mid size city with two children, a seven year old and a 6 month old. Your survival strategy will be different than someone living in the country. Not only do you have to worry about your own survival, but that of your family. Having a family and children will make survival much more difficult but it will also give you more strength and motivation.

The first thing you need to consider is that everyone is in the same situation as you. They want to survive. And when it comes to survival, laws, morals, right and wrong, are not the same as they were before this disaster hit. You can't trust people, most will panic more than you because you will have a plan and the knowledge to survive. Most people will be scrambling to loot, steal, and hoard supplies. They will hurt and kill others to get what they need, or think they need to insure their own survival. Grocery stores and anywhere that has guns will be the first places to be hit. And as an average Joe, you probably don't have a stockpile of weapons or survival gear in your garage.

Take an inventory of what you have. You will want light weight items. You won't be sticking around home for long. After the stores are looted, homes will be next. You need to think about long term survival. Camping and fishing gear are gold right now. Battery powered items are going to be useless when the batteries die, so we don't want to worry about them. A wind up radio and flashlight would be ideal. But most of us don't have those lying around. A gun and some ammo is a must have. But we don't need to go overboard on those. Guns are loud and ammo is heavy and not reusable.

Since you're not prepared for a disaster and don't have the necessary supplies for survival, when the looting starts you will most likely have to join in.

Chapter 3: Five Finger Discount

Section 1: Survival Gear

Leave the family at home, locked up where it's safe. Homes won't be looted for a few days. Bring something to "shop" with, a large duffle bag or two, pillow cases work great as well. So grab several of them and jump in your car. It will look like madness, people scrambling around, grabbing everything in sight. Traffic laws will no longer be in effect as electricity is out across the world, traffic lights won't be working either. So drive carefully!

Your first stop in your 5 finger discount madness sale should be the local sporting goods store. First hit the gun section. Grab a handgun if possible, if they don't have any left, or it's a store that doesn't sell them get a rifle. A simple 22 caliber rifle is light and the ammo is small and light. Most people will ignore them because of the small caliber. And don't forget about ammo. Fill up your bag, but take a moment to make sure you're getting the right ammo for the weapon you just "purchased". You can sort everything out later. Just get a gun and get ammo for it. At this point people will be looting, not shooting, so put it in your bag and don't worry about needing it yet. Since you're there, grab a couple knives. Stick one in your pocket, you will need it soon.

Next grab some fishing gear. Focus on fishing line and hooks. Very light weight. When you grab a row with packs of hooks you will have 6 hooks per pack, and probably 20 packs. Take all you can, they will be a valuable resource later on. Fill your pillow case with as much as you can grab. Spools of fishing line will be in abundance as well since most people won't consider it something they need to survive, but you will use it more than you can imagine. So grab as much as you can, different kinds, don't waste time reading the line strength, just take all that you can get. Ignore the lures, fishing poles, and weights. The only exception would be if you spot the collapsible poles they make for backpacking, they are lightweight and don't take up much space. But don't waste time searching, if you see em, grab em, if not keep moving.

Now you really need a radio that doesn't need batteries, most sporting goods stores carry the wind up kind. And most have a built in flashlight. Grab one or two, don't worry about getting too many, once you're sorting out your supplies you can leave behind what you don't need. But not having enough is much worse than having too much. This will be a very important item later on. Remember, we are long term survivors here.

You may end up traveling by foot at some point, so backpacks are a very good idea. Not the kind your kid wears to school but the kind they sell in sporting goods stores for backpackers. Two should be enough since there are probably two adults in your family. But adjust that number accordingly. You might be thinking about a tent for shelter, if you were going camping it would be fine. But we're not camping here and most tents have poles, stakes, and are not very lightweight. They also take up space, that can be used for other, more important items. If you spot those ultra light backpacker tents that are small and just pop open with little to no work, feel free

to grab a couple. But the larger, family style tents, multi room tents, might be comfortable to use as a shelter but a real chore to lug around with you if you're forced to hike 20+ mile. But tents are a judgment call on your part. If you have room to bring them, and don't end up having to travel any long distance by foot, the materials that a tent has can be very useful. Better to get more than you need, you can sort it all out back home.

Before you leave, check the survival section. The isle where they have gimmicky fire starting dust, hand warmers, that type of thing. A reusable way to start a fire will be invaluable. What you really want to find is flint sticks. They look like little metal squares. About 4 inches by 2 inches. Okay, so that's a rectangle, but it's my book and I want to call it a square. They usually have a small round metal stick attached to them by some type of cord or wire, I've even seen the type that clip to the side, and others that don't come with the metal striker at all and you use your knife as a striker. These are all worth their weight in gold, so grab all of them you can get your panicked little looter fingers on. Also in the same section you should be able to find some way to purify water, iodine tablets will work, they are not reusable, but for short term they will work. You might also find a water purification pump. They are plastic and light and look like a small air pump you would use to pump up a bike tire. Grab one or three if you see them. And the last item you want to get from this section are emergency blankets. Or as some are called space blankets. They will be in very small packages and look like a folded up square of tin foil. These actually work very well, I know from firsthand experience that one of these can save your life. But they weigh next to nothing and you have a family, so like with everything else, grab as many as you can. They have many uses.

Maybe you didn't find something on the list for here. Maybe it's something important. Do you go to another sporting goods store? Nope. Normally you'd ask an employee if they have more in the back, but I don't think they are coming to work today. Most people won't think to go into the back store rooms. But you will. So head back and find what you couldn't find up front. Most items will be in boxes and probably not labeled. So reach into your pocket and grab out that knife you got a few minutes ago and start opening boxes. Don't spend all day, time is of the essence. Find what you need quickly and get going. Carry out full boxes of items if you find something of real value to you. Extra items you can use to barter with, or give to neighbors or family, or if you have the room keep for later. You never know when you find someone who has something you need and is willing to trade. But don't set down your bags of loot to carry a box out to your car. Carry what you can, lock up your car and run back in for the rest. Speed is essential right now.

We are done here, so drag your now full pillow cases back to your car and get back to your family. About now you're thinking to yourself that you wish you had just spent a few hundred bucks and had these items already packed in your garage nice and neat and ready to go.. Just in case.

Your next stop is home. Unload your loot, hopefully without anyone taking much notice of what you have. Because if you have something to help you survive

that someone else needs to survive. Well.. I think you know how that goes.

Section 2: Medical Supplies

No time to rest. Make sure you have some more empty pillow cases and we're headed to the next stop. You need medication. Probably not right now, but a small cut can become infected and can be life threatening. Antibiotics will be extremely valuable and can mean the difference between survival and being a statistic. Not that there will be statistics, it's the end of the world, remember? But you get my point.

You need a pharmacy. But the truth is most people will also know they need to go to the pharmacy. If it's early enough after the disaster there might not be too much looting going on, people will still be in shock and panic will keep them from thinking clearly about what they need to do. But not you, you've read this book, this basic guideline, and you've created your own plan and know what you need to do. My hope is that this book has helped guide you to customizing your plan to suit your specific situation.

These days there are lots of pharmacies around. Small pharmacies that are mostly just a pharmacy, drive through pharmacies, pharmacies inside large discount chain stores. You know which ones I'm talking about. The large pharmacies will be harder because they have so many other items people will be looting, like food. I'd try smaller pharmacies first. When you find the pharmacy where you're going to pick up your prescriptions get inside and start looking. They won't be in the little brown pill bottles they give you when your doctor calls in your prescription. These will be in bulk, larger white bottles. You want antibiotics. Anything ending in 'cillin' like Ampicillin, Penicillin, and Amoxicillin. Don't take what you think you'll need and leave the rest for someone else. You need to worry about you and your family.

You'll notice a recurring theme here, always better to have more than to run out of something when you need it. Extra supplies can be used to barter, give away, and stockpile for later. Pain killers are also good to have on hand. Prescription pain killers are best if you know what to get. But over the counter stuff will do just fine. Ibuprofen, Tylenol, etc. Not only will they help with the pain of a sprain, muscle pains from the hard work you will endure later, but also can they are fever reducers if someone in your party gets sick. It wouldn't hurt to get a few bottles of multivitamins as well. Your diet won't be the healthiest for a while and a good multivitamin will keep you healthy and strong for the next few months while you're setting up your new safe house and learning to feed your family. Don't worry about grabbing children's versions of medications, they are all basically the same as adult versions but at lower doses and flavored. So you will be able to cut them down to child size doses. A child's dose is roughly one quarter of an adult dose. Medication is light weight, so grab all you can. One other thing to look for that some pharmacies have on hand, baby formula. Powdered only! We will cover that more in the next section.

Section 3: Optional Supplies

This is optional, but could be useful in the long term. The hardware store. There should be plenty of people here taking supplies and tools to fortify their homes, afraid of future looters. But you're not interested in those things. You're heading to the gardening section. You're after seeds. No, you're not going to be planting pretty flowers, you want vegetable seeds. They are extremely light, take up almost no room, and no one will be looting them. So take them all. You can probably take all the seeds on the shelf and it won't weigh a pound. And like with most stores they will most likely have boxes of them in the back, so it won't hurt to go check it out.

A few tools can be helpful for survival, a hand saw, hammer, and even a large spool of wire from the electrical department can help. Since there is no electricity people will not be looting that area. All these items are optional, they will make survival easier but you can live without them. It really depends on how bad things are getting, how many of these types of supplies you might already have at home, and how much time you've already spent out collecting things you need.

Another optional stop would be an auto parts store. Car batteries are heavy, but might be worth taking a few. You want the big, deep cell, high amp ones. And most auto parts stores carry small solar panels used to keep batteries charged or for charging small devices like cell phones. Perhaps you have some skill with electronics and can make use of these items. If you do it would be worth stopping for a quick grab and go.

Section 4: Children

Like we said at the beginning, we are assuming you have a couple kids, one a baby still. We need to make sure we have enough formula to last a few months. Lets assume the baby is 6 months old, and a baby boy. Why a boy? So I can refer to the baby as he, not him/her. That would get annoying. Lets assume he isn't breast feeding and is on formula. Doctor's say formula until they are a year old. These are special circumstances however. But we'll keep the baby on formula as long as we can. Might only be for a couple more months, but he will survive, you will all survive. Grocery stores are out of the question, people will be going nuts in those trying to stockpile food and water. So where else would carry formula and essential baby supplies? Daycares, baby stores, hopefully that pharmacy you just came from. You have a baby, so you know there are stores that carry only baby stuff. These stores will most likely be untouched at first. So you should have no problem going in and getting what you need. Just hope you can remember where one is. Remember, you only want powdered formula. One can of powdered formula is much lighter and has the same amount of formula as 24 or more cans of liquid formula. One large can of baby formula can last a week if you also feed the baby real food as well. And once the cans are empty they have many other uses as we will cover later. Baby food is another item you'll want to grab. Not the kind in glass jars, the plastic ones. Boxes of baby rice cereal are not a bad idea either. It's a lot of food and light weight. But you still won't be able to carry enough baby food and formula to last 6 months, so he will need to move to real food a little at a time. Mix it up, don't just run out of baby food and suddenly he's eating dead squirrel. Supplement one meal with food that you're eating, mashed up of course so he can eat it. Baby food is basically just fruits and veggies blended into a paste. You can make the same thing yourself. If you have the fruits and veggies of course.

Assuming you have a child in diapers, disposable diapers will be useless. They can't be reused, take up a lot of room, and will run out very quickly. You will have to use cloth diapers. If you don't have any, or didn't take any while out 'shopping', you can make your own. A man's t-shirt can make a couple, those pillow cases can also make diapers. You won't need a lot as they can be washed and reused. But don't waste time making them now, there will be time for that later.

Survival is more mental than physical. And a situation like this will be overwhelming for children. A stuffed animal could be the difference between crying in fear and staying focused and hopeful for a child. So don't forget their emotional needs during this crisis, don't forget Mr. Teddy Bear. You're packing for survival and things like children's toys or books might seem like a waste of space that could be used for survival supplies, but having happy children will be emotional strength for you, and it will keep them going as well. So make room for a few toys, books, stuffed animals. Things your children feel they need to survive.

This book is assuming you have children, so If you have children during this crisis one of the adults needs to do what they can to keep them calm and relaxed as much as possible while you focus on the task of survival. Tell them there was a disaster, that you're leaving home to go on a camping trip and you'll be back when it's over. Children need stability and right now their life is as unstable as it gets. They will feel as if they will never see their home again. Reassure them that they will, even though you know they probably won't. Talk to them, prepare them for this 'camping' trip you're taking. Try to make it fun for them, give them something to hold on to. Children adapt to change pretty well, but at first it will be chaotic and they will be scared. Give them things to do to help, like packing, or retrieving items from around the house. They won't be able to accept the fact that the world is in chaos and their lives are in danger. So don't tell them. You don't want to overwhelm them with fear. Later on, when you're safe, you can slowly start to explain what's happened. By then they will feel safe and won't panic.

Chapter 4: Home

Once home make sure you've brought all the supplies into the house. First thing, grab one of the guns, load it, and keep it on you. Hopefully you were able to get a handgun, it will be easier to carry. If you were lucky enough to get two, give the other to your wife. Make sure it's loaded and she knows how to point and pull the trigger. But lets hope it doesn't come to that.

Next step is to figure out what vehicle you will be using to get out of the city. You might be thinking you would be better off staying home, securing your home, and waiting it out. But how long will your supplies last? A month or two? And when others run out before you and decide they want your supplies do you really want to have a gun battle with your family there? People are now your biggest threat, and as the days pass they will become a bigger threat. So you want to get out and away from people as quickly as you can.

Lets assume you're a typical family. A mid size car or two. Maybe a minivan or a pickup truck. Which one has the most gas in it? There will be no electricity, no gas pumps working. So what you have is all you'll have for now. You need to choose which vehicle gets the best gas mileage, has room for everyone and as many supplies as you can fit in it. A minivan would be perfect. A pickup truck with four wheel drive would be helpful, but also will use more gas and would need to have seats for everyone. Again this is something you will need to figure out as I can't predict exactly what vehicles you have.

Once you've decided, you'll need to siphon whatever gas you can from your other vehicles if you have any. A regular garden hose should work just fine. Cut a long piece, long enough to reach down into the tank and the other end into a container to transfer into your other vehicle, or if you're lucky you can put both vehicles next to each other and transfer the gas directly. However you do it, this part will suck. Literally. You've probably seen it on tv, someone sucking the end of the hose to get the gas started flowing out. It works, but you'll get a mouth full of gas. Be careful not to swallow any, getting sick right now will make life harder. And as always, try to do this in your garage, out of sight of other people. Not everyone has a garage, so if doing this out in the open, be careful and keep an eye out, watch your surroundings, and have your wife or other adult who's with you watch your back. Hopefully after this is done you'll have a vehicle with enough gas to drive at least one to two hundred miles. And don't forget to pack you're hose and hopefully small gas container as well. Stealing gas from neighbors cars, or cars you see parked on the street can be very dangerous, so unless you are very low on fuel I'd suggest avoiding this tactic. If you are forced to do this, bring your hose, gas can, and a pair of needle nose pliers. Most cars have a screen that doesn't allow you to stick a hose down in. So with the pliers you can grab that little screen and rip it out. Locking gas caps are very common as well, but they are plastic and with a little force you can break them off with your

pliers as well. But like I said, stealing gas like this is dangerous and should only be done if absolutely necessary.

So now that we know what vehicle we're going to be using we can better figure out what supplies we can take. We know this is a hurry up operation, but in this case it is best to take your time and pack correctly to conserve space, the more organized your packing the more you can bring. Your home will have many supplies you will need as well.

A very important item will be a pot or two. Boiling water will be essential later as even the cleanest looking water can make you very sick. Even before the disaster. Baby supplies, a few clothes for everyone, some kitchen knives, any type of rope or cords you might have, extra pairs of shoes, and if you're lucky you have a hand axe, saw, or other similar tools that can aid in your survival. Think extreme camping and what you could use. Personal items like photo albums are a luxury you can't afford, this is about survival.

People can live without food for a couple weeks, but only a few days without water. So pack some jugs of water. You might think you don't have anything to take water in, but you do. Open your fridge. You probably have a gallon or two of milk, maybe a two liter of soda. These can be used for water. And pack some food as well. Most food won't last more than a few days unless it's canned, and canned food is heavy. But if you have the space in your vehicle, pack it. Pack everything until you're overflowing with supplies. You can never have too much. The food and water are just short term until you find a safe place to setup a base camp. This way you can worry about long term safety and survival without the short term worry of food and water.

Chapter 5: Abandon Ship

So now you have a vehicle packed full of supplies and your family. It's time to hit the road. But where are you going? In today's digital age it would be rare for someone to actually own a paper map. And electricity is out around the world. So no internet or cell phone. However your cell phone will still work, just won't have any service. And I don't think there are any cell phones out there now that don't have maps built in. The gps won't work, but you can still see a map. And of course you have a car charger for your phone, so the battery life won't be a problem.

You're looking for somewhere away from town, the mountains, forest, woods, whatever you want to call it, that's where you need to be. Low population area with natural resources. You want to be away from any main roads, and ideally away from any roads at all. You want somewhere that's a good distance from any town, near a body of water, river, stream, lake, etc. Somewhere secluded. Your best hope is an abandoned cabin, or someone's summer cabin, or just one that's unoccupied, for sale, for rent, something like that. One that you know people won't be returning to. Obviously if you're reading this you already expect a disaster to happen sometime in your lifetime, so do some research ahead of time. Find such a structure and remember where it's at, so when disaster comes you know where to go. You don't want to be without a real shelter when winter comes. Maybe the closest mountain range or forest is hundreds of miles away, but there are not many places where you can drive two hundred miles and not find a deserted country area.

So lets say you know where you're going, or at least a general idea of where you might find such a place. Expect the roads to be a nightmare. Not like morning commute to work traffic, but the 'Oh my god the world is coming to an end' kind of traffic. You want to avoid all major roads and highways. They will be parking lots. Take back roads, drive through yards, whatever it takes to get out of town. But be careful, getting a flat tire would be a bad thing with a car full of supplies and your family. But you've got your gun on you as a last resort. You must protect your family, and that means protecting the supplies you have that are going to help you and your family survive.

Depending on exactly where you live it could be a long trip to get out of town and into the country, or woods, or wherever you're headed. Just try to avoid populated areas along the way. If you've been quick and prepared, you can probably be out of town before most people realize they need to worry about survival beyond looting the grocery store. So you have an advantage.

In this scenario we are going to assume you're vehicle had enough fuel to get you where you're headed and you don't run into any obstacles. If you've prepared fast and got out of town quick you will have avoided a lot of problems. Your old neighborhood and town will erupt into chaos within a few hours of the disaster once people realize just how bad it is. Again, their delay in acting is your advantage. If you

run out of fuel, or have some type of issue where you must abandon your vehicle at least you have backpacks to carry some of your survival gear. You're in for a long hike, so avoid the roads, avoid the temptation to stop and try to get help from others. Look for another vehicle if you can. This all leads to another long set of problems that would take another book to cover. So lets stick with the premise that you didn't have car issues.

Chapter 6: New Frontiers

Once you've arrived at your cabin, abandoned home, or whatever shelter you've found that's secluded and away from view and populated areas you need to assess your situation. Try the doors, if they are locked check the windows. Don't break a window! Chances are something will be unlocked and you can get in. If not see if you can get one of the doors open with as little damage as possible. If you do have to break a door to get in, don't break the actual door, try to break the frame next to the lock so that you can still close the door from the inside and keep out the elements. If you break a window you will wish you hadn't when the cold winter wind blows through. Once inside your new home you need to search for supplies if there are any. If you feel this building will work for survival you need to get your supplies inside and start securing everything. Cover the windows so that if someone happens to pass by they won't see any light from inside. Try to board up the windows as best you can with what you have. Secure all but one point of entry. Your main door that you use to go in and out will also need to be able to be secured while inside, you don't want someone walking in while you're sleeping.

Booby traps. I know it seems like something out of a kid's movie, but some cans on a string will make a lot of noise if someone trips over them in the middle of the night. Use fishing line, it will be nearly invisible during the day and totally after dark. Setup many different noise making traps around, string them between trees, around doors and windows, basically have your whole cabin protected on all sides. Make sure you're family knows exactly where each one is so they don't trip one by accident. And always make sure both adults have a gun on them at all times, loaded and ready to use. The world has changed, it's survival now.

The guns are for protection only. You don't want to fire one unless it's absolutely necessary. You won't be using them to hunt. When you shoot a gun not only will you scare off any animals in the area but you'll also be telling anyone in range of the sound that there are guns and probably supplies nearby. They will want what you have.

Your vehicle sitting in front of your new home is a dead giveaway that someone is there. But you don't want to abandon it completely in case of an emergency, or world order is restored and you want to go back home. So your best bet is to hide it nearby. Keep it close enough you can get to it easily, but not right against the building. Hide it. Cover it with tree branches, throw dirt on it, make it look abandoned, you could take the battery out of it, take a tire off, make it look like it was stripped. But that route could really slow you down if you need to leave in a hurry. Best to just try to hide it. But don't forget about it. You don't want the battery to die while sitting there. Go start it for a few minutes every couple weeks to make sure the battery stays charged. While running it, charge your cell phone, check on the world and see if there is any cell service.

Another option for your vehicle is salvage it. Strip everything off of it that could be useful. Whatever fuel is left in it can help start fires, there are many wires that can be used for things that we will cover later. The fabric and foam rubber in the seats can be used for bedding and blankets. Plastic door panels can be used to seal cracks in your walls to keep out any drafts, or cover windows. The mirrors can be mounted outside your new home to give you a view on either side so there are no surprises hiding there for you. Many pieces of metal which can be used for digging, cutting, turned into weapons for hunting. So if you're vehicle isn't going to go anywhere again anyway, use it. But if it's still functional and has fuel, I'd hold off on stripping it if you don't have to. Just in case.

Chapter 7: What now?

You have your wind up radio, so wind it up and see if you can pick up any broadcasts. See if you can find out what's going on in the world. Try both AM and FM stations. AM signals usually travel a longer distance so you're more likely to hear something on AM. If you hear nothing, there is probably nothing to hear. Consider the world still in chaos, still without power or order. Feel lucky that you and your family are safe for the time being. And check your radio every few days or once a week to see if there is any change.

There are other factors to consider now. What time of year is it? Summer? Winter? Do you get snow in the area where you are? Are there dangerous animals in the region? Lets assume it's not winter yet and you live in an area that does get some snow. Now you have to plan for the winter. Not only will you have to deal with the cold, but there will be much less food available. So there's really only one thing to do. Stock up!

Firewood is a must. Collect more firewood than you think you could ever use in a winter. And when you think you have enough, go get more. And after you've finished getting more. Go back and get even more. You can never have enough, and by the time winter is over you probably will be out of wood. When you think you have enough wood, you're wrong. You don't want to be wandering around the woods in the snow collecting firewood while trying not to freeze to death because you didn't stockpile enough when you had the chance.

Store it wherever you have to. Keep some inside that will always be dry, and store some outside, you can always put the wet wood on your fire and it will dry quickly and burn with no problem. But starting a fire with wet wood is near impossible. So when you use dry wood from inside, bring in some wet wood from outside, it will dry in a few days and you'll always have a stockpile of dry wood. And when you have a nice hot fire going, throw some wet wood on it to keep it going without wasting your already dried wood.

Chapter 8: Starting a Fire

You didn't bring matches or a lighter, only your flint sticks, even if you do have a lighter or matches, they won't last forever. You need to be able to build a fire effectively. Real survival guys will just rub two sticks together and poof, they have a big fire that will burn all night. Well you're not that guy. And even though it is possible to start a fire that way, it's hard work, takes lots and lots of practice, and you will end up tired and cold. It wouldn't hurt to practice creating a fire bow and making a fire that way, but for now we will stick to flint. First we need our wood. Think of your fire as 3 stages. Stage 1 is the tender, the fluffy dry stuff that burns quick and easy. You can shave wood down into a pile, use dry leaves, dry pine needles, anything that is light weight and will burn. But don't just light the stage 1 stuff yet. You need to be ready with stages 2 and 3. Stage 2 wood is bigger pieces, twigs, thin branches, you can slice larger pieces off your bigger wood logs. You will want to use these pieces to make a teepee shape, or cone shape structure with your stage one material inside. Have plenty more stage 2 materials ready as well as stage 3, this will be the bigger logs that will burn for long periods of time.

Now that you're prepared, hold your flint stick with the end facing the stage 1 materials and scrape down it with the attached striker, you should see a spark. This may take several tries to get a spark to ignite the material. Some flint sticks have a magnesium on one side, it's a soft metal that takes a spark and burns very hot. If you're lucky enough to have one of those types you can use your knife to scrape off a small pile of magnesium shavings onto your stage 1 material. When a spark hits it, it will ignite and burn quickly. Once your stage 1 and 2 materials are burning slowly add more stage 2 until you have a nice fire, then you can add the bigger stage 3 logs. Now you have a nice cozy fire to keep you warm, cook your food, and purify your water.

Chapter 9: Stockpile Food

Stockpile food. Well that's not as easy of a task. Food will spoil quickly. And with no electricity you can't refrigerate anything. You can dry fruit and can them in your empty cans of formula, which will help them last a little longer. You can cook meat and that will also help preserve it for a little while, but not all winter. You can use salt to cure the meat, also will help it's shelf life, but chances are you only have the salt you brought from home, and that won't cure much meat. Smoking meat is a great way to keep the meat from going bad, however creating a smoker will take time, energy, and resources you can't afford right now.

Basically smoking meat is exactly what it sounds like. You direct a steady stream of smoke onto the meat for an extended period of time, many hours. Building a smoker might be something to consider down the road, but right now we need to survive the present. Digging a hole in the ground a few feet deep and storing food there will keep it colder and make it last longer, but that still isn't going to last long enough.

Lets not forget, you have seeds! Which was optional. Sorry. But if you chose that option you can plant a garden, a big garden. Try to time your planting so that you harvest your veggies around the time the weather starts getting cold. The snow outside makes for a wonderful freezer. And that hole you dug will be a great fridge all winter long. So while the weather is still nice, gather, plant, hunt, dehydrate, and save whatever you can for the long cold winter when food will be in shorter supply. If you brought canned food with you, save as much as you can for winter. While the weather is nice the land will provide you with plenty to eat, if you know what to look for.

Chapter 10: Food and Water

Section 1: Gathering

The most important resource is water, so we will start there. If there is snow on the ground then you're golden. Just fill up your pot, melt it, and drink. Easy cheesy. If there is no snow you **MUST** boil all the water before you drink it. You may have brought iodine tablets from your looting of the sporting goods store, or a water purifier, both of which can be used instead of boiling, but saving those items for when you're out hunting or gathering is best. So boil your water whenever you can. Never drink untreated water unless it's a situation where you have no other option. Even today, while this is being written, I could drive up to the mountains, find the cleanest looking stream, take a drink, and be sick for a week. Almost all water sources are contaminated and will make you sick if you drink untreated.

Now to food, not counting your garden, lets start with wild edibles. You're not an expert, and unless you brought a book on edible plants in your region you must be careful. Basically any fruit hanging from a tree will be edible. Most people can tell what an apple or an avocado is. Collect and eat as much as you can. Over feed your baby, make sure he's fat and healthy for the long winter. That goes for everyone in your party. I'm not saying eat everything in a week and run out of food long before winter, but if it's going to spoil, eat it first. Don't let any food go to waste.

Plants and berries that grow on the ground you have to be a little more careful with. If it's a strawberry, you know it's a strawberry and it's good to eat. But if it's a berry you don't recognize you need to be cautious. But how can you know if it's edible or not? Well you could always just down a handful of them and hope you don't die. But that wouldn't really be the best survival tactic. Take one, cut it open, and rub it on your skin in a sensitive area, like your wrist or forearm. And wait. Wait about 6 hours or so and see if you develop any type of rash, irritation, stinging, or anything that would make you not want that inside you. If nothing happens cut another one in half and taste it. Chew it up and spit it out. Now wait another 6 hours or so. See if you have any kind of breakout in your mouth, or if it makes you feel sick at all. If you're still fine the next step is to just eat one. And only one. Or half of one. Wait a while, half a day, maybe 24 hours. No adverse effects? It's probably safe. But if you want to be extra cautious you could eat a few at a time and see. If you don't feel sick and have no side effects then they are probably safe to eat. The key is to test them a little at a time. If they are poisonous a little bit might not hurt you, so you have to build up to a larger amount, if you do get sick from them at a larger amount then you know it's not something you want your children to eat even in a small dose. Wild mushrooms on the other hand are a totally different story. Never eat them. Don't even touch them. Most species of mushroom are deadly. And unless you are a mushroom expert, even testing them like with the berries will probably kill you.

Section 2: Hunting

Man cannot survive on plants alone. Well actually he can, but why not some meat to go with those potatoes? Hunting, trapping, and fishing will be your sources of meat, and a large part of your diet, especially in the winter when fruits and vegetables will be at a minimum.

Lets start with hunting. We won't be using a gun to hunt, as explained earlier it will not only scare away animals but give away your location and let people know you have weapons and supplies. We don't want that. So you need another way to kill animals. We have to think about our ancestors. And even to this day, in a lot of places in the world people still hunt using primitive weapons. You are not looking for a way to take down a deer with one killing blow using primitive weapons. It's just not going to happen. Your goal is to injure it. I know this sounds cruel but it's survival now. Once it's injured you will have to follow it, it will be bleeding and moving slower than normal. It will tire out quickly, hopefully before you do, which will allow you to get close enough to make the killing blow.

The most basic of weapons you will want to create is a spear. Pretty simple to make really. You need a long piece of wood, about as long as you are tall. As straight as you can find, and as heavy duty as possible. Small trees work well for this. Also large branches can work too. Or if you're lucky an old broom or mob found in your new cabin. Just look around, the forest will provide you with what you need. Grab a few of these if you can. If you were able to bring cords or small rope they are usually made up of many smaller strands braided together which means you can unwrap them to have many smaller cords. These will work well to attach a spearhead to your new spear. A piece of broken glass, a sharp rock shaped like a spear head, yes they can be found pretty easy, or find a couple large, brittle type rocks and see if you can break them, they might break off shards that will work. If you can't find something to use as a spear head, don't worry. You can use one of your knives to shave the end of your spear into a sharp point. You will want to cut some outward grooves into the shaft starting a couple inches above the point of the spear so that the spear will not fall right out, but the animal will get it ripped out as it runs away and it snags up on trees and bushes, it will cause more damage and the animal will bleed more.

Practice with your spears before you go hunting. Learn what your optimal range is, become as proficient and accurate as possible. You don't want to waste an opportunity to score a couple hundred pounds of meat. It's going to take a lot of practice of sneaking around, trying to spot your target. Chances are you won't be a crack shot with a spear right away, so don't try to be fancy and aim for its neck, which would kill it much faster, but aim for the body, aim for the middle, the stomach area. There will be fewer bones to deflect the spear and it will penetrate deeper and cause more damage. Always carry multiple spears and of course your knife and gun. So while giving chase to the wounded creature, if you get the opportunity, hit it with

another spear. Once the animal goes down end it's life as quickly as possible. You don't want it to suffer and you don't want to take a chance of it making a dying attempt to escape and injuring you in the process. I use deer as an example. Maybe you don't have deer in your area, could be elk, or the elusive and cunning cow. Whatever the animal, the principles are the same.

Now you have a dead deer. It's time for the really icky part. Gut it and skin it. There's really no way to describe the process. Just use your knife, remove the head, cut open the stomach cavity, remove the insides, peel off the skin and fur, wash off what's left if you have water, or water nearby, and bring the rest back to your cabin. You don't want to bring it to your home to do the messy part. You don't want your family to see, and the smell of the rotting leftovers will be pretty bad in a day or two which can attract unwanted guests like maggots, flies, and bears. If it's winter time you can store the meat in your dug out meat locker in the ground, if it's still nice weather you will want to cook the meat. And hopefully preserve it like we talked about earlier. Maybe by the time you have the skill to take down an animal with substantial meat, you'll have built a smoker. If not, well eat up. Fill up, try to preserve as much as you can for as long as you can. If it starts to rot and becomes inedible you need to move it away from your home. Cut it up and throw it in the lake to attract fish to your area. Use pieces of it for bait. Everything is useful. Take out the bones and sharpen them for spear heads, or arrows. I know we didn't talk about making a bow, but as you spend time in the wilderness you will come up with your own ideas, your own weapons. And a bow is an excellent weapon.

Section 3: Trapping

Trapping is a great way to hunt without having to actually go hunt. They work for you 24 hours a day, 7 days a week. These are mostly used for small game, like rabbits and squirrels. There are a few different types of traps that you will want to use. Snare traps and deadfall traps will be the easiest and most effective for you to start with.

Lets start with snares. A snare trap is basically a loop of wire, or in our case fishing line, setup with a small loop tied in one end and you will run the line through the small loop creating a larger loop. When the line is pulled the larger loop tightens. Make the larger loop big enough for a small animal to go through, but small enough that they will get caught in it. The other end will be attached to a small tree or bush of some kind that's flexible and can be bent down and gently held with a rock. So now when a rabbit runs through the trap the slightest movement will snap the tree or branch back, pulling the line and tightening the loop around the rabbit. Hopefully his neck. But any part of him will do as long as he is stuck there. Then on your daily check of traps you find the helpless little bunny and if he's still alive, smash his head in and you have rabbit stew for dinner. Don't forget to reset your trap. You didn't think grabbing all that fishing line was just to go fishing did you?

If you don't know anything about fishing or fishing line, they have a number rating on them. Something like 8lb, 10lb, and 12lb. This is the strength of the line. The bigger the number the stronger the line, and the thicker the line as well. If you use line that's too small the animal will struggle and can break the line. Too big and it will be visible and the rabbit might avoid it. 10lb should be plenty strong enough. If you find that your snare has been broken, use a stronger line. Or if you find that your traps are all setup right and in the best places but nothing is going through them, maybe try a smaller line that is less visible. Hopefully you brought plenty of different strength lines. These traps work best if you can find an area where you can see small game has used as a trail. Somewhere where they get bottle necked into a small path so that when your snare is there they have no choice but to run right through it. It may take some time to locate the spots where it's obvious that small animals pass though, but after a while you'll learn to spot these places much easier. During the winter months you will see tracks in the snow which will show you exactly what paths the critters take.

The other kind of traps are deadfall traps. Doesn't really trap the animal, it just kills them. It's basically a large, flattish rock on top of another rock held up ever so gently by a stick with a little piece of bait on it. The rabbit or varmint of whatever kind come along, and try to pry the smushed bait from the stick, the top rock falls and.. Flat dinner is served. Very basic, has been used for centuries. But it's effective.

The key to traps are quantity. The more traps you have setup, the better your chance of catching food. Setting up 4 or 5 traps isn't going to cut it. You need to set up 20 or more, in the winter when you're diet consists of more meat than plants you will want to increase it even further. Set up a lot of traps, if it's not providing you with enough food, setup more. Spread them out, but remember where they all are so you can go check them every day to see if anything has sprung the trap. Draw a map of the area, mark where you have your traps set. You don't want to forget one that could have dinner sitting in it waiting for you.

Small game are a great source of food since your chances of bagging large game are slim unless you have experience, and it will take a while before you gain enough experience and luck to get yourself a deer. So be ready to eat a lot of squirrel dinners. But don't give up on big game, don't get discouraged when you fail over and over. Eventually you won't fail and the rewards will be well worth the effort. And your experience will help you in the future not to fail as often. Practice makes perfect they say? Well maybe not perfect, but if you don't keep trying and practicing you won't be successful. And you don't want to eat flat squirrels every day.

Section 4: Preparing Your Food

Now preparing small game is a little different than larger animals like deer. With squirrels and similar rodents you can just cook them over the fire, fur and all. But you don't want to eat this meat medium rare, you want it very well done. You can hang it just over the flames, burn off all the fur, cook it inside and out to the point of it being burned. They can carry nasty parasites. In some parts of the country they even carry the plague, I'm not shitting you. In California there are actually signs up in state parks saying not to touch any squirrel because of an outbreak of the plague. So cook, cook, cook, and cook them some more. You can eat the insides, heart, liver, etc. Good sources of protein. It might not sound appetizing right now, but you will get over plate fright pretty quick when you've gone without eating for a week. But hopefully this guide will help you not have to go hungry for any length of time.

Rabbits are a little different to prepare. You want to remove their skin and fur. It's actually pretty easy. You cut around through the skin around the neck and you can peel the fur back and remove it all in one piece. Which is good because rabbit fur can have other uses, so don't discard it. If you're not one for eating the liver and heart of an animal you can always gut the rabbit, but rabbit meat is extremely lean, there is basically zero fat, so they will taste good and curb your hunger, but your body needs fats and proteins that you won't get in rabbit meat. Man cannot live on rabbit alone. But don't worry, you can eat rabbit every day and you'll be fine. Just as long as you eat something else too. The liver and heart of the rabbit will provide you with protein and fats. So if you can get past the fact that you're eating the inside of a rabbit, you should eat them.

The rabbit fur is warm, soft, and with enough of them they can be made into blankets, or with some skill, mittens, hats, and things like that. Rabbits don't freeze to death in the winter while running around in the snow.

I didn't mention the deer fur because preparing the deer fur is a bigger job. It takes a lot of work, isn't as warm as rabbit fur, and deer carry ticks, deer ticks equal lime disease. So unless you're desperate for blanket or clothing materials I'd avoid trying to use the deer fur. But if you really need the skin of a larger animal like a deer the best way to make it useable is to lay it out flat, fur side down, and scrape it clean. It's a lot of work and you will be scraping it for hours. You want every bit of flesh, blood, and meat off of it. Once it's as clean as you can get it, rinse it off and hang it up to dry. Again, not near your cabin. Leave it for a few days. If another animal hasn't taken it, it should be about ready for use. It will be very stiff and dry. You will want to carefully comb through the fur looking for bugs, hopefully any ticks will have left by now, and this will be a long and painstaking process. But it needs to be done.

Once you're confident it's clean and pest free you can take it back to your cabin and put it to use. It will work great for hanging up to block a drafty window, or even as a makeshift blanket or padding for a bed. If you or someone with you feels

creative you might find a way to turn it into a rain poncho which will be great during the rainy season while you're out checking traps and hunting for game.

Section 5: Fishing

Earlier in this book we talked about your ideal location, and being near a body of water is essential to your survival. Fish are a wonderful source of food all year long. But we have to catch them first. You're not going to use the typical approach to fishing, we want to better our odds. Most people have been fishing, maybe you're an avid fisherman, maybe you've never fished in your life. Either way it's going to work the same.

We are going to assume your body of water is a lake of some kind. We are not after the big fish, we want the small ones. Smaller fish are easier to catch and we don't want to waste time or energy fishing when we can be setting traps, hunting game, spending time with our family. So we have a lot of fishing line and a lot of hooks. But no fishing poles or bait. Not a problem. We need some long tree branches to use as poles. 6 to 8 foot long should be fine. And for bait we are going to try a number of things. If you've already caught small animals, their insides can be used as bait. Bugs work as well, and since you're in the forest they shouldn't be hard to find. And of course the staple of all fishing, worms. But you're gonna have to dig for those. Kicking open some fallen, rotting logs will reveal grubs and other things that can be used as bait (or in a stew if you're desperate). Use one of your empty baby formula cans to collect whatever bait you can.

Now lets make some fishing poles. We want to better our odds, so the more poles and more bait we have in the water, the better our chances of catching fish. You will be making many poles. Start with 5 or so. Cut a small notch in the end of each pole to tie your line to so it won't slip off. Use smaller line, 4lb or 6lb if you have it. And smaller hooks as well. Hooks are rated in numbers similar to line, but in reverse. A size 4 hook is bigger than a size 6 hook. We want to stay with small hooks because we're after the smaller fish. So size 6 or 8 would be best. Most bodies of water that have fish will have a much much larger population of smaller fish than larger fish. And the smaller fish stay closer to the shore. Since we won't be casting out very far our best chance to catch fish will be the smaller ones.

You will want to put 8 to 10 foot of line on each pole with a hook attached. Put a different type of bait on each one if you can, and remember what you put on each one so when you do catch a fish you will know what bait works best. Now take your poles down to the water and cast each one out, they won't go far as we don't have much line on them. Secure the pole into the ground, or lay it down and place a heavy rock on it. Whatever you can do so that the pole won't get pulled into the water if a fish hooks on. Do this for each pole, spread them out away from each other, you don't know where the fish will be. A good trick is to come back at dawn when the fish are most active and watch the water. Fish will be eating bugs off the surface and you will be able to see where they are concentrated, it will give you a better idea of where to have your line in the water.

Another trick is to try to attract the fish to your fishing area. Throwing insides of animals you have gutted, rotting food, things of that nature will encourage fish to hang around that area because they will see it as a good area for food.

Now depending on how far away the water is you can go back and check on your poles every few hours or if it's too far once or twice a day when you're out checking your traps.

Depending on what type of fish you catch will determine how you will prepare them. But usually you cut off the head and tail, slice the underside from just above the tail, there should be a small hole, all the way up to where the head was, then stuck a couple fingers in and rip out the insides. You can use the insides as bait, or just throw the insides back into the water near where you're fishing to attract other fish. Some fish have scales, if these do just use your knife and scrape them off going from tail to head. They will fly everywhere, it's normal. Now just rinse off what's left and you're ready to cook em. You can fry them, or just put them on a stick over the fire and flame cook them. Fish will be a good source of food all year, if you can catch them.

Section 6: Fishing, again

Your next source of food will come from fishing. I know, you're thinking we already covered that in the last section. Well this time we're not fishing for fish, we're after birds. This one is pretty simple. You will tie a small section of fishing line to something solid, like a tree, tie a hook to the end, put some bait on it, like a piece of fish or guts from something else you've caught, and lay it out where the birds can see it. A bird comes down, eats the bait and hook, and you've caught a bird. It's best if you can kill it and pluck the feathers while it's still warm, they will come out much easier. Then like any animal, gut it, cook it, and eat it. This also seems cruel, but you need to survive, and without food you will survive a while, but you will have no energy, no hope, and mentally you will start to shut down.

Survival expert Les Stroud has a saying, you stop thinking and you'll stop trying, you stop trying and you'll die. It's very true. You have to always be thinking about your family. They are counting on you to help them survive. You must provide. You've lost your technology, you're modern day comforts, and modern day thinking must go as well. Your job is to take care of your family. You must hunt, you must kill, you must protect.

Chapter 11: Passing it on

These skills you will need to learn quickly. You might not be good at them, but practice and desperation will change that. Once you've become proficient you must teach your family these same skills. You could get hurt, sick, or killed and they won't be able to do what you've been doing unless you've taught them.

Teach them what you know. Show them how to make traps, catch fish and birds, clean and gut animals, find wild edibles. Teach them what is safe and not safe to eat. Teach your children as well. Even young children can learn some of the basic skills and can be an asset to your survival. Soon you won't have to do everything yourself. Maybe your wife will check the fishing poles while you're checking traps. Your child or children can be tying new traps or carving spears. Everyone should know all of these skills. A simple injury like a sprained ankle, which is very likely running around in the woods, can lay you up for a week, if that happens you're family will be able to do the trapping and fishing. Teach them hunting techniques, but as that's going to be the most dangerous part of getting food, you will want to be extra cautious and not let the younger ones try alone.

You might be able to do everything yourself, but with your family helping you not only conserve energy, but you have others thinking of new survival techniques. Coming up with new trap designs, new ideas for storage. It's all about finding ways to better your situation.

Necessity is the mother of invention they say. There is really no way to anticipate all your needs, but as needs arise you will invent creative ways to fill those needs. You'll come up with new types of traps. For instance, digging a large hole along an obvious game trail, covering it with brush and waiting for some unsuspecting animal to run across it and get trapped inside. But traps like this are dangerous to you and your family, you must be sure everyone knows where they are so they don't end up falling in one. Place a very visible marker to show where it is, animals won't know what it means, but you will.

I didn't cover the medication you should have brought with you, but that should be pretty much self explanatory. If you're hurt or sick, take some medicine. In the beginning you should be taking a multivitamin, if you brought them. You won't be eating well or often and it will help you keep up your immune system and give your body much needed vitamins and minerals that you would normally get from a healthy diet.

Chapter 12: The Biggest Threat

So now you can make a fire, feed your family, and stay safe from the environment. But there is a bigger threat we haven't covered yet. People. As secluded as you are, at some point someone or a group of people are going to stumble upon your little paradise in the woods. Will they be friendly and want to join you for mutual benefit? I doubt it. If they had the skills to survive like you're doing, they wouldn't be at your doorstep. But what do you do now?

They know where you are, they know you have supplies, food, shelter, and a way to sustain yourself for as long as needed. The world is in chaos, and when the world has no order or laws and people are trying to survive they will justify doing whatever they have to do to survive. It's a hard decision. And as always there are a lot of variables to consider. How much room do you have? How many people are there? What kind of vibe do you get from them? How are they acting? Compassion can get you killed.

Maybe it's a younger couple, struggling to survive, desperately searching for help, unarmed, and with very little supplies and a sad story about how they escaped town only to run out of gas a few miles away and were forced to walk when they came across your cabin. Maybe they could be an asset, strong back to help with hunting and 'man' chores, and a woman to help with the kids and household projects.

Maybe it's a group of 3 older men, all with weapons and full backpacks insisting on coming inside to talk. They give you a bad feeling. You should always have your gun on you, your wife should also always be packing. How do you get rid of them without bloodshed? You might not be able to. Being polite and explaining to them that you can't support anyone else and they must go might work. Make sure your weapon is in view so they know you're armed. That might be enough for them to decide to keep moving. But not every encounter will be easy. Never let anyone into your new home. You don't want them to see what supplies you have. Always have backup, go outside to talk. If being polite and asking them to keep moving doesn't work you must not hesitate.

Don't think about morals, what's right and wrong, you're family and their survival is the most important thing. When disaster first hits you must mentally prepare yourself to do what you might otherwise believe you could never do, take someone's life. And in this instance, that's exactly what you will probably have to do. You could pull your guns and demand they leave, or you can pull the trigger before they have a chance to do the same to you.

If you're forced to take someone's life to protect your family, don't feel guilt, don't let it stop you from continuing to do what you must to survive. Dispose of the body, or bodies, take whatever supplies they had, and keep going. Keep living.

Chapter 13: Closing

This book was never intended to be the end all guide to survival. I don't have drawings and diagrams of how to tie a snare trap, or build a deadfall. And you won't be grabbing this book at the first sign of a disaster to find out how to survive. You will have already read this and have your own plan. This book is a guide to make you think, to give you ideas, and help you decide a course of action when disaster comes.

Hopefully this simple book has got you to think about being in this situation and you've probably already thought of some ideas on how to better the situation, and that's exactly what you will need to do. Keep thinking, keep trying, keep coming up with creative ways to feed, and protect your family.

If you're not prepared for a major disaster, not a 'prepper', you can still survive. It's much more of a mental problem than a physical one. Keep a level head, and do what you have to do to survive. None of the techniques are anything a 12 year old couldn't do. Tying some fishing line to trees, making a fire, catching some fish with a crude homemade pole. Humans have survived tens of thousands of years without modern technology, you just have to think about how you're ancestors did it. Stone tools, tie a rock to a stick. Hunting large game, throw a sharp stick at it. It's basics, and when there is no power, no help, no hope, get back to basics and you will survive.